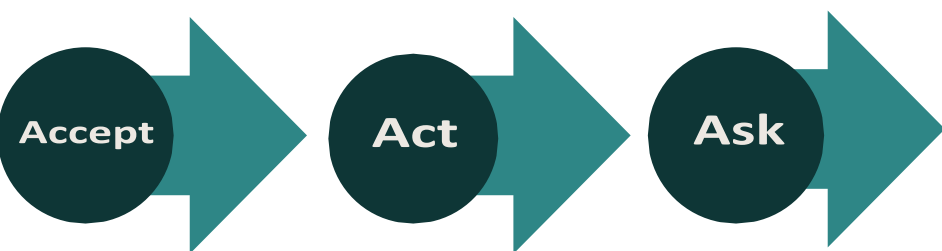


Heads up - It's time to get to grips with Headache in schools



Information for school mental health teams



Ted
Wragg
TRUST

This is a Ted Wragg Trust whole school initiative in conjunction with the NHS Exeter Headache Clinic to reduce the burden and impact of headache in a school age population.

Background

- The needs of children with headache are largely unmet and poorly addressed.
- Headache disorders are the second cause of disability in the world under 25 years of age according to the World Health Organisation.

World ranking for disability under 25 years old (WHO 2019)	Problem
1.	Road injury
2.	Headache disorders
3.	Self harm
4.	Depressive disorders
5.	Violence
6.	Anxiety

Table 1. World Health Organisation ranking of disability 2019.

- Studies undertaken at West Exe school show that the headache burden is large - up to 30% of students have problematic headache two or more times a week with impact on quality of life and school performance.
- Headache is predominately migraine (severe headache often accompanied by nausea, light or sound sensitivity) or tension type headache (less severe, no associated features and often associated with stress). Headache disorders are the third highest

cause of disability in the world under 25 years. It is important to be aware of migraine as this can continue into adulthood where it continues to be unrecognised and poorly treated.

- Migraine and tension type headache are very common in students with mental health problems, particularly anxiety and depression.

Disorder	No headache	Tension headache	Migraine without aura	Migraine with aura
Depression disorders	12%	20%	27%	43%
Anxiety disorders	17%	26%	30%	48%
Anxiety and depression	5%	9%	11%	26%

Table 2. Mental health disorders associated with headache. (Homer 2022).

- Fortunately, serious causes of headache are very rare but some things to look out for within the school context are headache that is progressive or associated with new behavioural problems, poor balance or co-ordination, abnormal eye movements or visual problems.

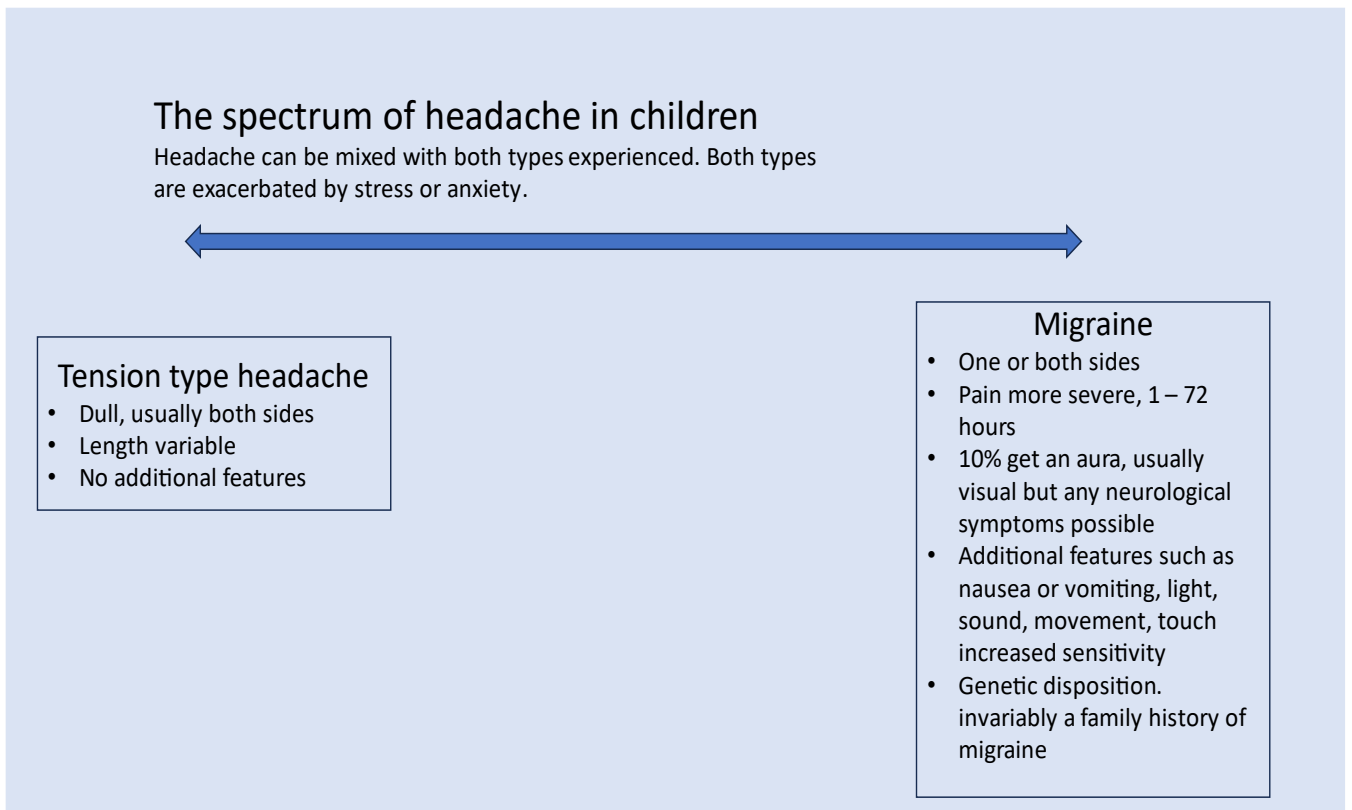


Figure 1. The spectrum of headache in children

- Headache often sits within a complex biopsychosocial context. See figure 2.
Significant adverse events are common.

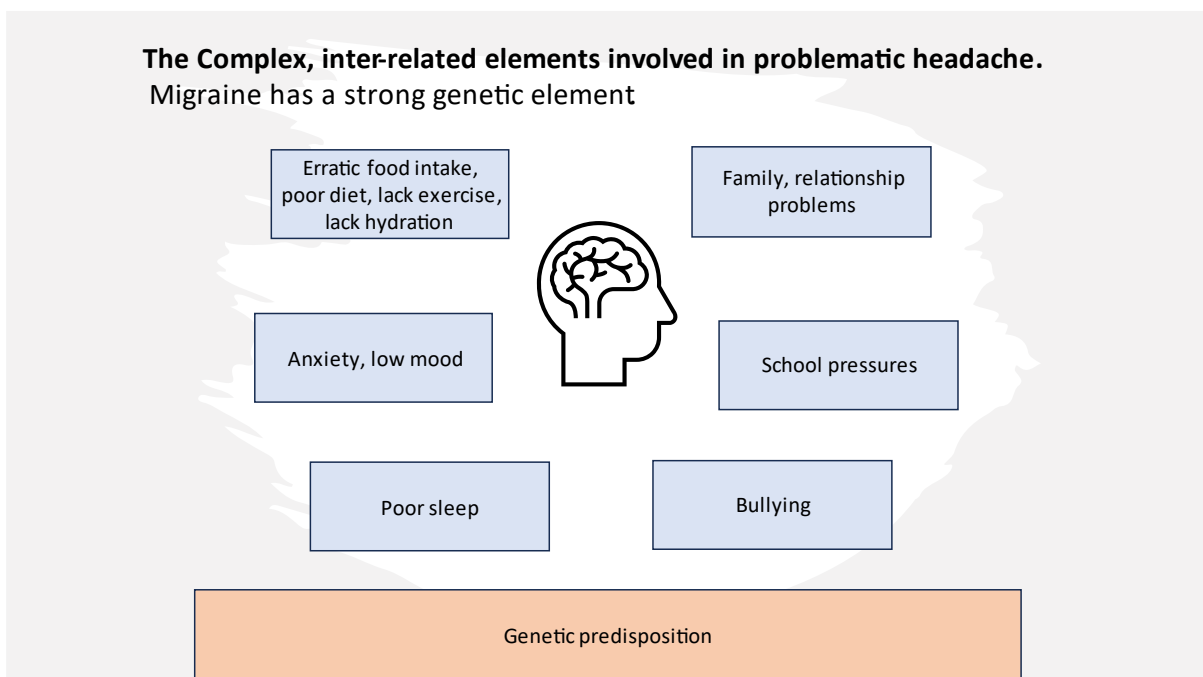


Figure 2. Headache sits within a complex biopsychosocial context.

What to do if you identify a student with problematic headache

- Be aware students may be reluctant to seek help.
- Be aware of other factors psychosocial factors that may be contributing to the problem.
- Signpost them to.....
- Consider e mail to parents. Follow.....

If you want more information on headache in children follow.....youtube video

Headache toolkit for schools.

The "Heads Up" toolkit is a whole school approach outlined below. (To be completed)

TARGET	MATERIAL	LINK
1. Information for staff.	Written info Video	
2. Addressing the personal headache needs of staff.	Self-help handbook	Self-help handbook (https://www.exeterheadacheclinic.org.uk/migraine-handbook-for-self-management/).
3. Students.	<ul style="list-style-type: none"> • Whole school approach. Assembly/tutor resource. • PHSE lessons. • Written information. • Cartoon. • Video. 	
4. Parents.	<ul style="list-style-type: none"> • Targeted information for parents of children that have been identified with a problem. • Letter that can be used by parents for GPs to facilitate further management. • Video for parents. 	Draft video at https://www.youtube.com/watch?v=BR72YupDmh0
5. First aiders	<ul style="list-style-type: none"> • Algorithm when students present with headache. • Letter to parents. 	

6. School mental health teams	<ul style="list-style-type: none"> • Written support information. • Letter to parents 	
6. School nurses.	<ul style="list-style-type: none"> • Written support information 	
7. GPs	<ul style="list-style-type: none"> • Written support for GP management. 	

Personnel

Lisa Whitworth is a teacher in the Ted Wragg Trust and leads their Health and Education programme.

Dr David Kernick is a GP with a special interest in headache and runs the NHS Exeter Headache Clinic.